



A Public Health Approach to Mental Health on UChicago's Campus

BHAC Summit 2017

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-
- How many of you have heard of Mental Health First Aid?
 - Have you implemented it on your campus?



UChicago Facts



- Private institution
- Quarter system
- Located in Hyde Park, south of the Loop near Lake Michigan
- Designated a botanic garden in 1997



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UChicago Enrollment*



- Ethnicity/Race
 - White: 42%
 - Asian: 13%
 - Hispanic: 13%
 - Black: 4%
 - Multi-racial: 3%
- International: 23%
- 15,427 total students
- Academic units
 - 5,978 undergraduates
 - 5,287 masters
 - 3,197 doctoral
 - 965 PhD

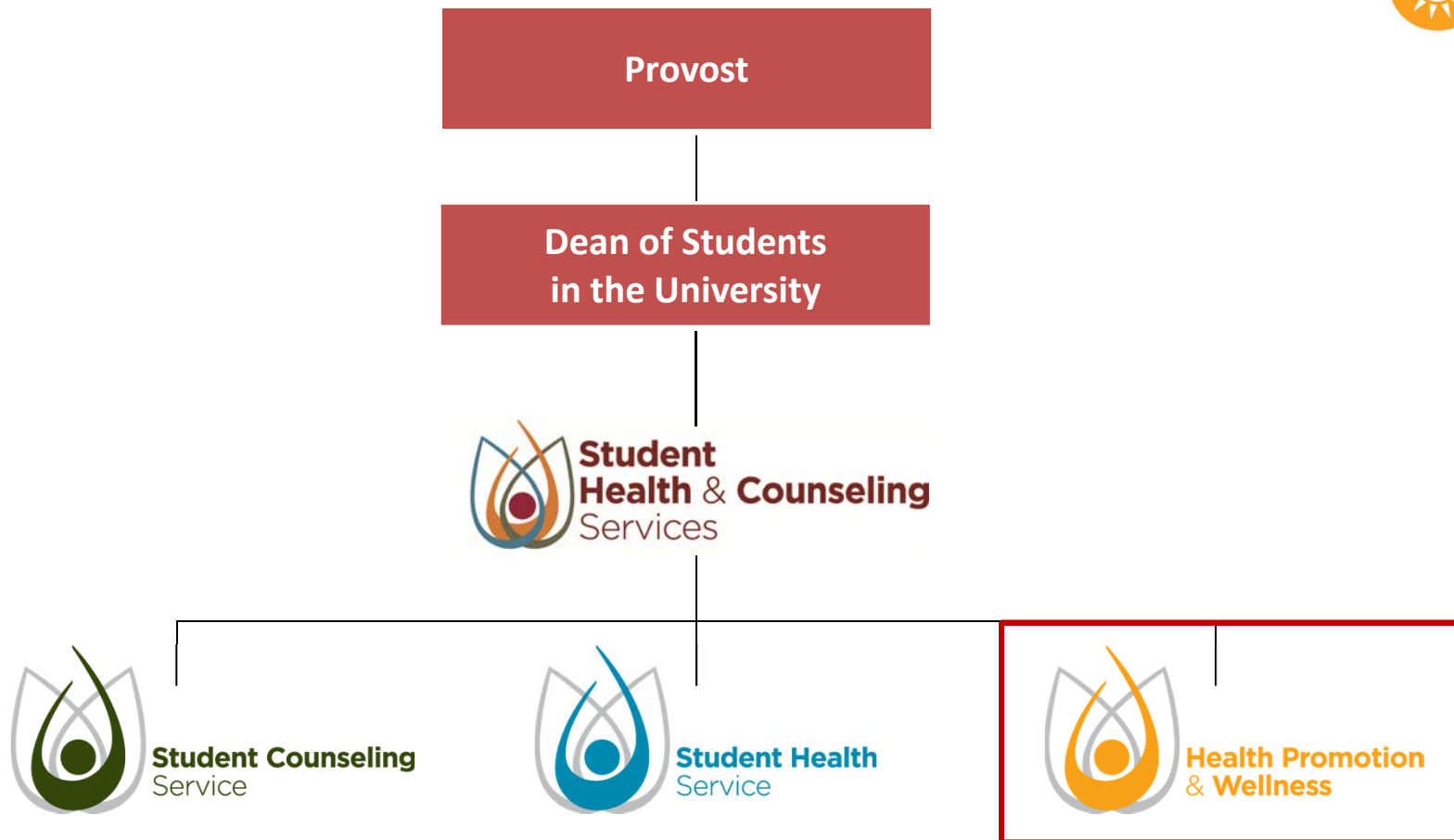
*Autumn quarter 2016 enrollment, UChicago Registrar



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UChicago Structure



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What Does Our Data Tell Us?



- Healthy Minds Study, 2014 Data Report

	College (Reference)	Graduate (Reference)
Received any mental health therapy/counseling (in the past year)	22% (21%)	24% (22%)
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (in the past year)	45% (47%)	42% (44%)
Used Student Counseling Services for mental health	16% (12%)	14% (10%)

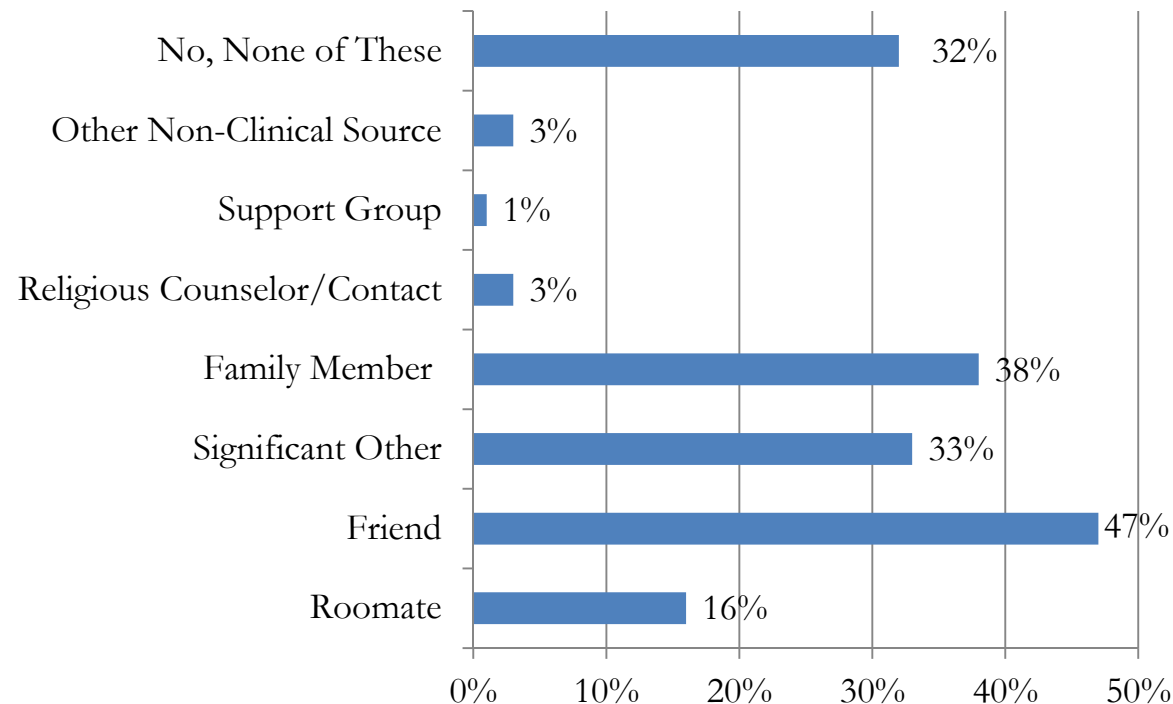


What Does Our Data Tell Us?



- Healthy Minds Study, 2014 Data Report

In the past 12 months, have you received counseling or support for your mental or emotional health from any of the following sources:



What Does Our Data Tell Us?



- ACHA-NCHA, Spring 2013

	College	Graduate
Felt so depressed that it was difficult to function in the past 12 months	41.5%	31.0%
Felt overwhelming anxiety	59.4%	49.8%
Felt more than average stress	53.3%	48.0%

- 36% of students agree that the UChicago campus climate encourages free and open discussion about mental and emotional health
- 33% of students agree that UChicago views students' mental and emotional well-being as a priority



What Does Our Data Tell Us?



- Key informant interviews
 - Deans of Students
 - Campus partners
 - Students
- Feedback supported the data collected from our surveys:
 - Students are feeling overwhelmingly stressed
 - Don't know when to seek help
 - Don't always know where to seek help
 - Concerned about the stigma associated with seeking help



Public Health Approach



Public Health Approach



Define the Problem

- 75% of mental illnesses develop before the age of 25¹
- 22% of undergrads and 29% of grads have been previously diagnosed with a mental illness²
- Almost half of our students are reporting higher feelings of anxiety, depression and stress³

Identify Risk and Protective Factors

Risks

- Students lack knowledge of when and where to seek help

Assets

- Student Counseling Service
- Let's Talk
- Health Promotion and Wellness
- Active Minds RSO

Develop and Test Prevention Strategies

- MHFA is proven to be effective and listed in SAMHSA's National Registry of Evidence-Based Programs and Practices



Assure Widespread Adoption

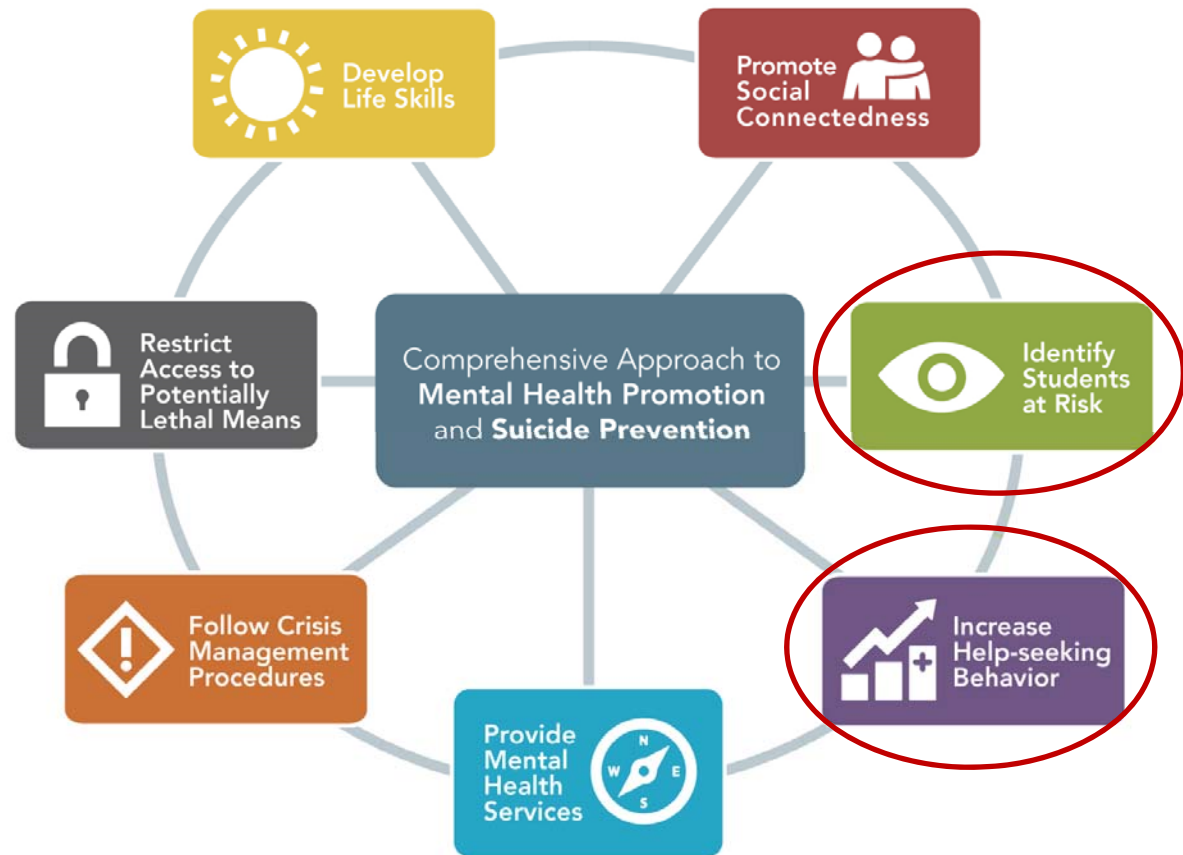
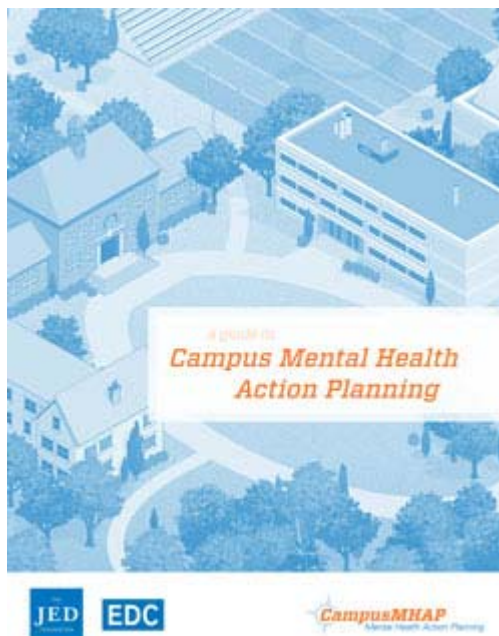
- Pilot in 2015-2016
- Expansion in 2016-2017



Why Mental Health First Aid?



The Jed Foundation/Suicide Prevention Resource Center



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Why Mental Health First Aid?



- Mental health concerns are common
- Stigma is associated with mental health concerns
- Many people are not well informed about mental health concerns
- Professional help is not always on hand
- People often do not know how to respond
- People with mental health concerns often do not seek help



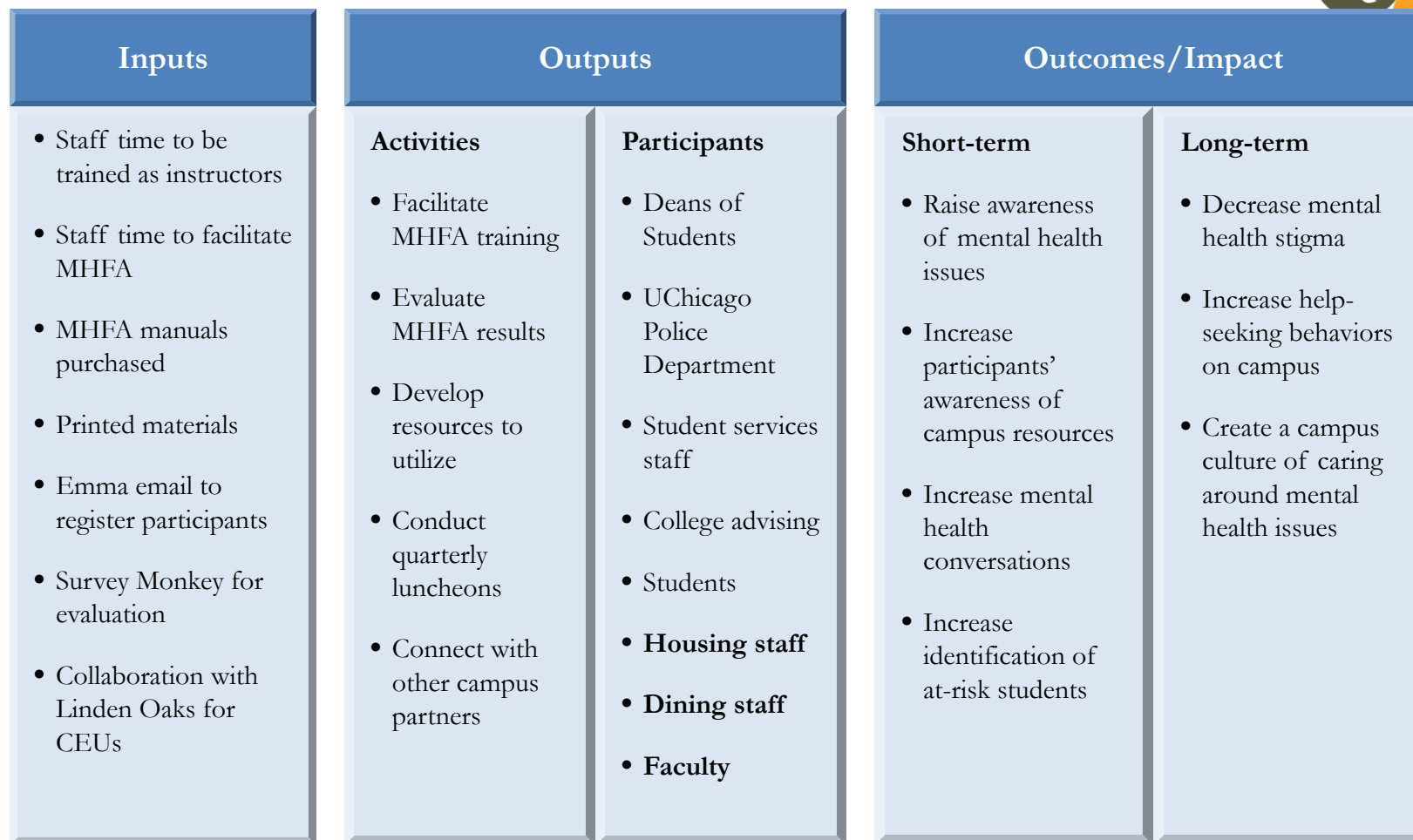
What is Mental Health First Aid?



- 8-hour training that covers:
 - How to identify signs and symptoms of mental health issues
 - How to have a conversation with someone you're concerned about
 - How to refer them to the appropriate resources to seek help
- Similar to CPR
- People are trained to recognize signs and symptoms, not to diagnose
- MHFA action plan (ALGEE)
- Interactive scenarios given throughout the course where participants practice using the ALGEE action plan



MHFA Logic Model



MHFA Specifics



- We utilize the adult version of MHFA, higher education module
- MHFA must be conducted as one full 8 hour day or two consecutive 4-hour days
- No changes can be made to the PowerPoint to maintain the fidelity of the program
- We inserted UChicago statistics into talking points throughout the course
- We tailored the scenarios to be UChicago-specific



How Did We Gain Buy-in?



- Presented mental health data to Dean of Students in the University
- Discussed MHFA training as a strategy to educate staff, faculty and students
- Meetings to discuss the outcomes we hoped to achieve with:
 - Deans of Students
 - Campus partners
 - Students



2015-2016 Implementation



- Trained two HPW staff as MHFA instructors in summer 2015
- First pilot training held in August 2015
 - Student Counseling
 - UChicago Police Department
 - Resources for Sexual Violence Prevention
 - Center for Leadership and Involvement
 - Physical Education and Athletics
 - Disabilities Services



2015-2016 Implementation



- Open trainings (4)
 - Open to anyone who registers
 - Allows for diverse feedback from group
 - Brings awareness to resources people may be unfamiliar with (i.e. AA group in Hyde Park)
- Closed trainings (2)
 - Designated for those who may have confidential information they'd like to share with one another
 - i.e. Deans of Students, Student Emergency Response System (SERS)



Marketing MHFA



Campus & Student Life

Mental Health at University of Chicago

UChicago students have unique stress and risk factors related to the demands of school: balancing academic, social, and employment responsibilities while being independent and away from family, friends, and other supports.

Statistics have shown that 75% of mental illnesses develop before age 25, making our environment ideal for early identification. According to our data, 22% of our undergraduates and 29% of graduate students have been previously diagnosed with a mental illness. However, almost more than half of our students are reporting higher feelings of anxiety, depression, and stress. One of the main reasons students report not seeking treatment is a lack of knowledge of when and where to receive help.

What is Mental Health First Aid?

Mental Health First Aid is a training that is designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs and symptoms of a mental illness or emotional crisis.

This course is tailored specifically for university cultures to include:

- A discussion of campus culture and its relevance to the topic of mental health
- A discussion of the specific stress and risk factors faced by the higher education population
- Applying the action plan in a number of scenarios designed specifically for faculty, staff, and students
- A review of the mental health resources available on campus and through partnerships in the community

Why Mental Health First Aid?

Mental Health First Aid helps people know that mental illness and addictions are real, common and treatable and that it's okay to seek help. Research demonstrates this program's effectiveness in improving knowledge of mental illness and substance use, removing fear and misunderstanding and enabling those trained to offer concrete assistance. **Mental Health First Aid is proven to be effective and listed in SAMHSA's National Registry of Evidence Based Programs and Practices.**

Individuals trained in Mental Health First Aid can help:

- Raise awareness and encourage understanding of the ways in which one's cultural background can impact the discrimination associated with mental illness
- Reach out to those who suffer in silence, reluctant to seek help
- Let students know that support is available on campus and in the community
- Provide information on self-help strategies on campus and community resources
- Make mental health care and treatment accessible to thousands in need

For more information about Mental Health First Aid, visit www.MentalHealthFirstAid.org. To find an open course at UChicago, contact Katie O'Connell at kconnell@uchicago.edu.

Student Health Service
773-702-4156

Health Promotion & Wellness
773-702-8935

Student Counseling Service
773-702-9800

Health Promotion & Wellness

You're Invited!

Hello [% member: first_name default="Colleague" %],

On behalf of the Health Promotion and Wellness office, I would like to extend an invitation to participate in our **Mental Health First Aid training on Tuesday, November 22. The training will be a full day from 8am to 5pm in the Alumni Room at Student Counseling Service and a light breakfast and lunch will be served.**

Mental Health First Aid (MHFA) is an effective evidence-based training that is designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. These trainings are now being offered as one of HPW's initiatives to help enhance mental wellbeing for our students and the overall UChicago campus community.

The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs and symptoms of a mental illness or emotional crisis. Individuals trained in MHFA can help increase awareness in mental health, reduce stigma, and encourage those in crisis to seek help on our campus and in our community.

Regardless of your role at the university, you impact our students' wellbeing. We sincerely hope that you will join us for our upcoming training.

All participants in the training need to officially register so we can provide appropriate certification for you after the course. To register, please click the blue button below.

Click Here to Register



MHFA Registration



- All participants complete the pre-test through Survey Monkey prior to the course (by registering)
- They must attend the full 8 hours to receive MHFA certification
- If they are unable to attend the full time, we recommend other training dates to accommodate their schedule



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2015-2016 Results



Total Number of Participants Trained: 99

Campus & Student Life		Graduate Schools & Divisions	
Student Health & Counseling Services	1	Law School	1
	2		
Center for Leadership & Involvement	2	Booth	8
Physical Education & Athletics	1	Physical Sciences Division	11
Student Disabilities	1	Social Sciences Division	3
Office of Multicultural Affairs	2	Humanities	11
Office of Spiritual Life	1	BSD	6
Office of International Affairs	1	Harris	4
RSVP	1	Graham School	5
Student Emergency Services	2	UChicago GRAD	3
Leadership/Admin	4	Provost/Alumni Services	
College		Office of University Events and Ceremonies	1
College Housing	1	Faculty Relocation/Dual Career Services	1
Career Services	3	CEERES	1
UChicago Police Department	5	Library Services	6



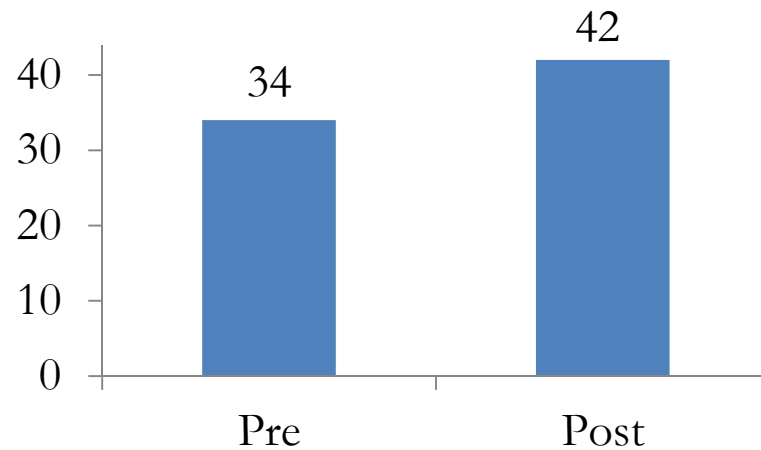
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2015-2016 Results

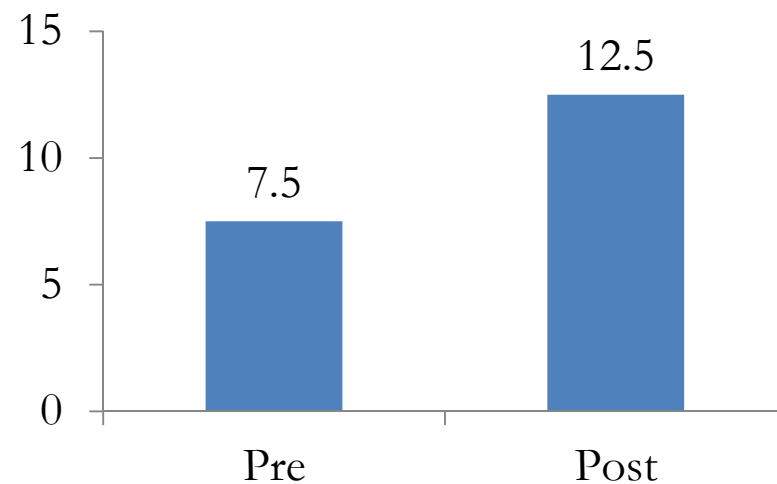


Average Gatekeeper Behavior Scale



N=96; $p < 0.000$ (strong statistical significance)
Scale Range: 11-44

MHFA Quiz Score



N=96; $p < 0.000$ (strong statistical significance)
Scale Range: 0-15



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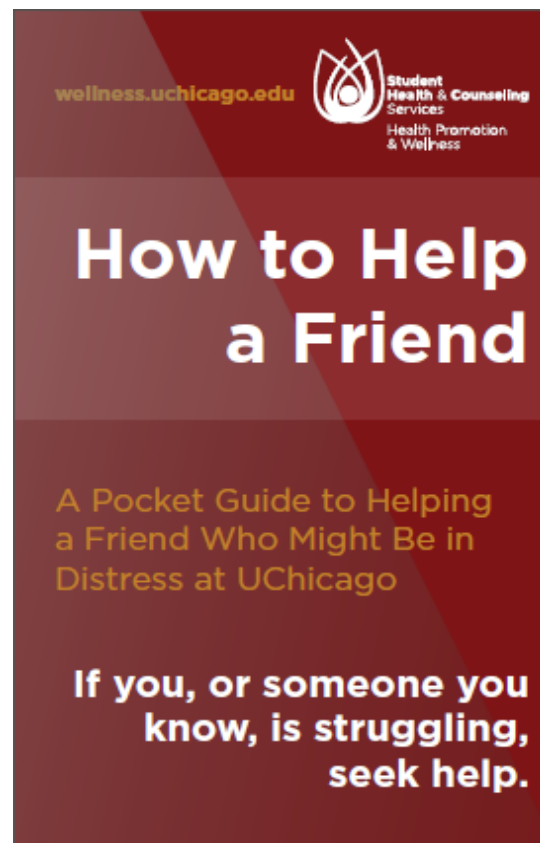
2015-2016 Results



- 95% would recommend MHFA to their colleagues
- 71% strongly agreed that by participating in MHFA training they felt more confident discussing mental and emotional health on campus (26% agreed)
- 97% agreed that they felt confident in their ability to help a suicidal student seek help (a 47% increase)
- 77% strongly agreed that it was part of the role of faculty, staff, and administration to connect students experiencing psychological distress with mental health services
- 65% strongly agreed that by participating in MHFA training they felt their school cared about students' mental and emotional well-being (35% agreed)



MHFA Resources



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Other MHFA Resources



- MHFA Quarterly Luncheons
 - Campus partners present to staff trained in MHFA
- MHFA Quarterly Newsletter
 - Highlights newly trained staff
 - Markets the quarterly luncheons
 - Highlights any new MHFA information (i.e. 9/26/16: House unanimously passed the Mental Health First Aid Act)



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2016-2017 Growth



- Summer 2016: hosted MHFA instructor training on our campus
 - Trained 6 new UChicago MHFA instructors
 - Opened for others across country to become instructors
- Open staff trainings: 2 per quarter
- Closed staff trainings:
 - UChicagoGRAD: all staff
 - College Advising: all staff
- Student pilots: 2 this year



Questions?



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Contact Information



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